

Ship Salad Dressing¹⁰

Number of Servings: 10 (18.06 g per serving)

Amount	Measure	Ingredient
7.00	tsp	Sugar
1/4	tsp	Spice, celery seeds, ground
7.00	Tbs	Oil, canola
1/4	tsp	Salt, table, iodized
1/2	tsp	Spice, mustard seed, ground
7.00	tsp	Onion, white, fresh, chpd
7.00	tsp	Vinegar, cider

Nutrients per serving

Nutrition Facts	
Serving Size (18g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Notes: This recipe is from an Alaska Cruise ship chef. Celery powder is preferred to celery seed but either may be used. Dry mustard is the same as mustard seed ground.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.

Mix ingredients in blender for 3 to 5 minutes. Chill and serve 1 T/serving. This dressing is high in fat but has little carbohydrate.

1 T = 1 serving = 0 CS

More onions may be used if desired.

If you do not have a blender or food processor, use dry minced onions (approximately 1/2 the volume of fresh chopped onion called for in the recipe) and mix with other ingredients in mixer. Chill & serve. Dressing made in blender will be creamier however.

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